

**Transitioning from the Old to the New
Economy: A missing piece of the
puzzle is right inside of us!**



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https://en.wikipedia.org/wiki/Economy_of_ancient_Greece



OVERVIEW:


Changes in understandings of the economy

**The New Economy and the importance of
heightened self-awareness and our inner
dimensions**

**Examples of New Economy endeavors that
engage the inner dimension**

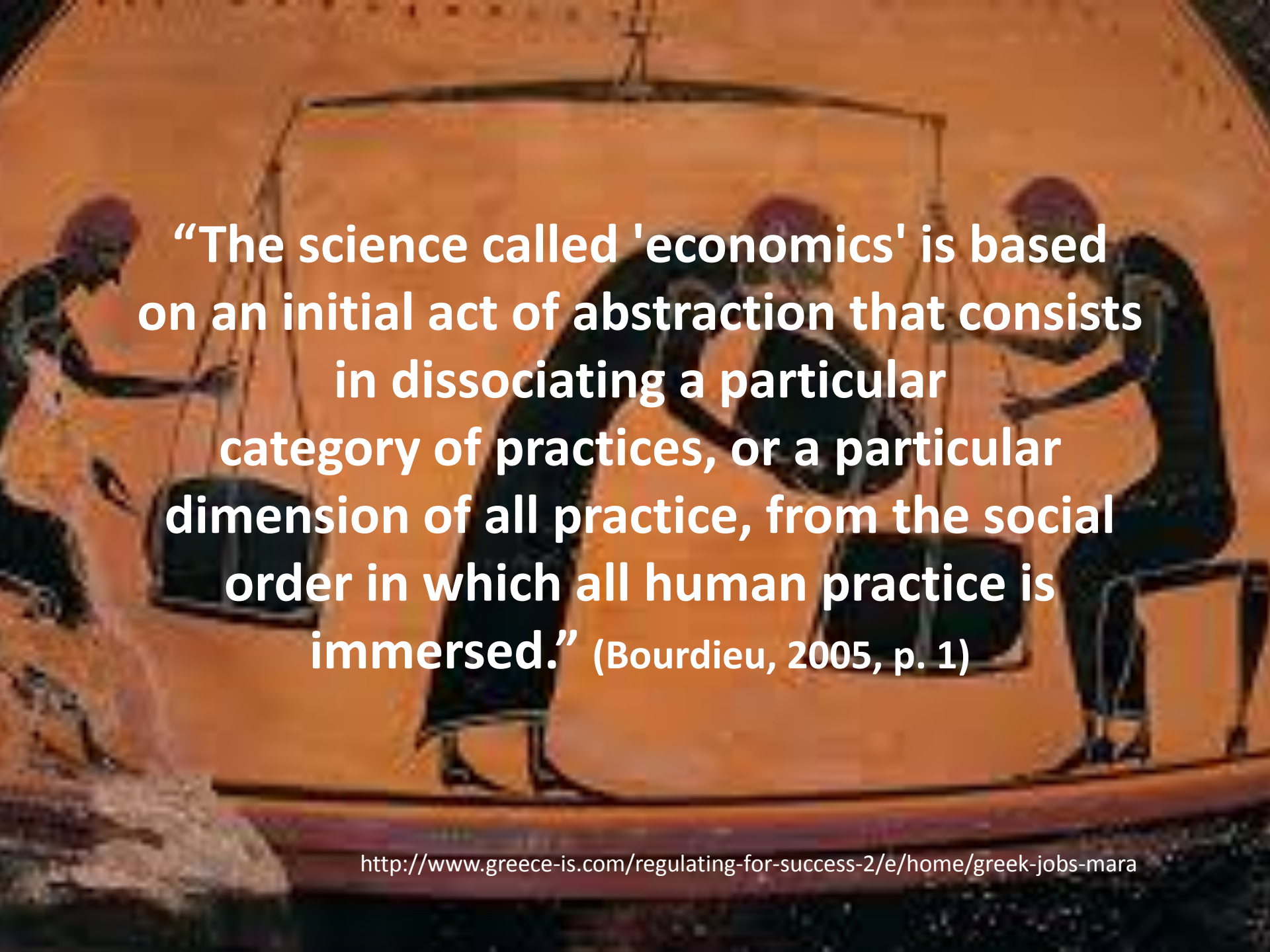


Economy: (from Greek *οίκος* – "household" and *νέμομαι* – "manage")



“The state of a country or region in terms of the production and consumption of goods and services and the supply of money.”

<https://en.oxforddictionaries.com/definition/economy>

A classical Greek painting depicting a balance scale. Three figures are shown: one on the left adjusting a pan, one in the center holding a large object, and one on the right sitting on a stool. The background is a warm, reddish-brown color.

“The science called 'economics' is based on an initial act of abstraction that consists in dissociating a particular category of practices, or a particular dimension of all practice, from the social order in which all human practice is immersed.” (Bourdieu, 2005, p. 1)




“...the financial meltdown of 2007-8, the offshoring of wealth and power, ...the slow collapse of public health and education, resurgent child poverty, the epidemic of loneliness, the collapse of ecosystems, the rise of Donald Trump.” (Monbiot in,

<https://www.theguardian.com/books/2016/apr/15/neoliberalism-ideology-problem-george-monbiot>)

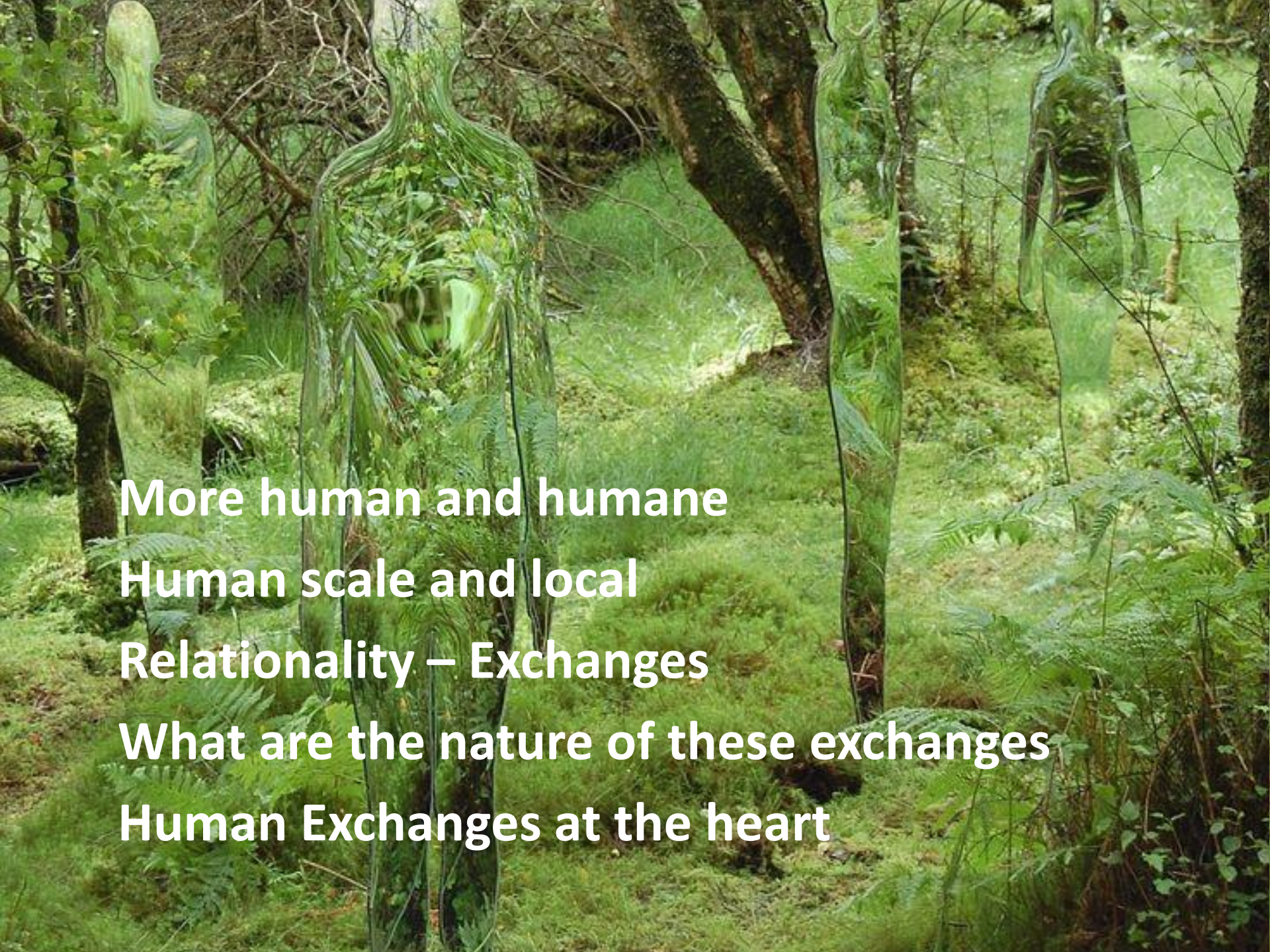


namelessness and placelessness of modern
capitalism (Monbiot in: <https://www.theguardian.com/books/2016/apr/15/neoliberalism-ideology-problem-george-monbiot>)

A dense forest with moss-covered trees and a white sculpture of a person in the background. The text is overlaid on a white rectangular background.

“A wellbeing economy has the fundamental goal of achieving sustainable wellbeing with dignity and fairness for humans and the rest of nature.”

(Wellbeing Economy Alliance: <https://www.thesolutionsjournal.com/article/toward-sustainable-wellbeing-economy/>)



More human and humane
Human scale and local
Relationality – Exchanges
What are the nature of these exchanges
Human Exchanges at the heart

Conventional Organization Chart

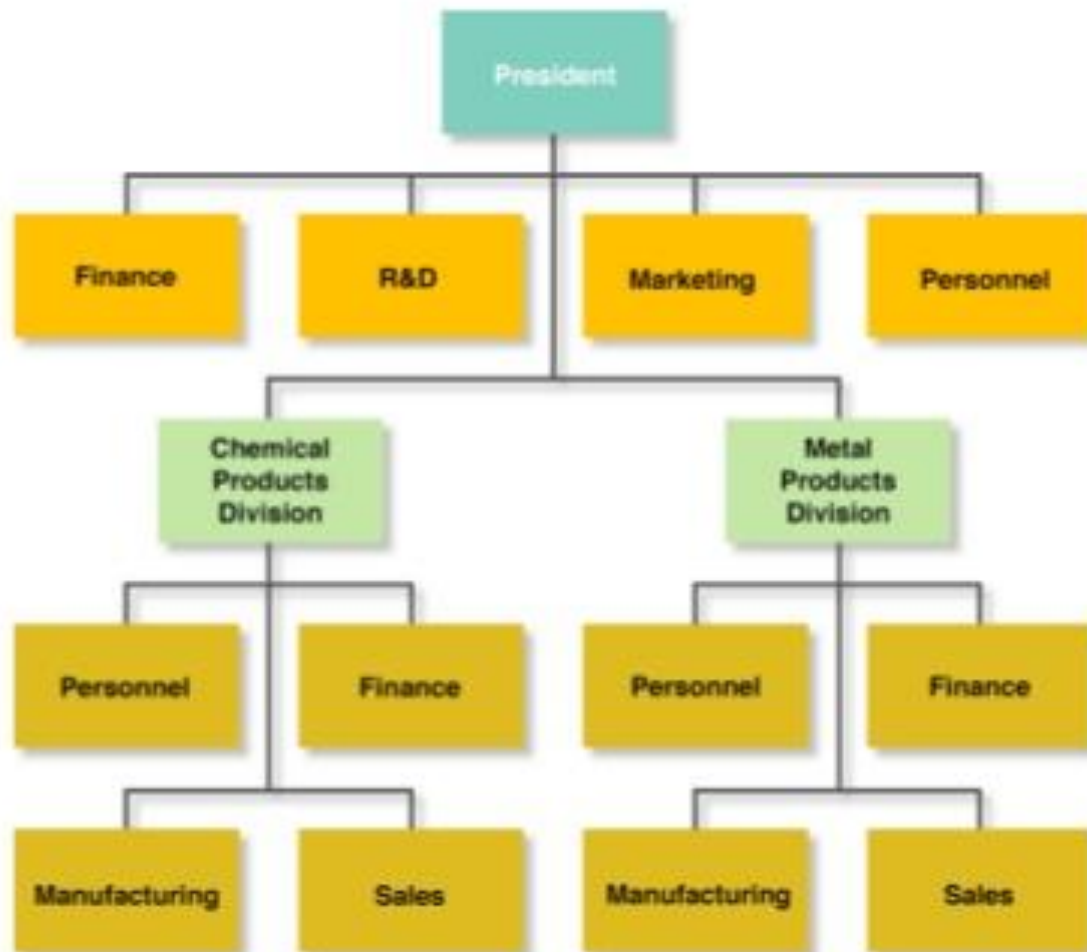
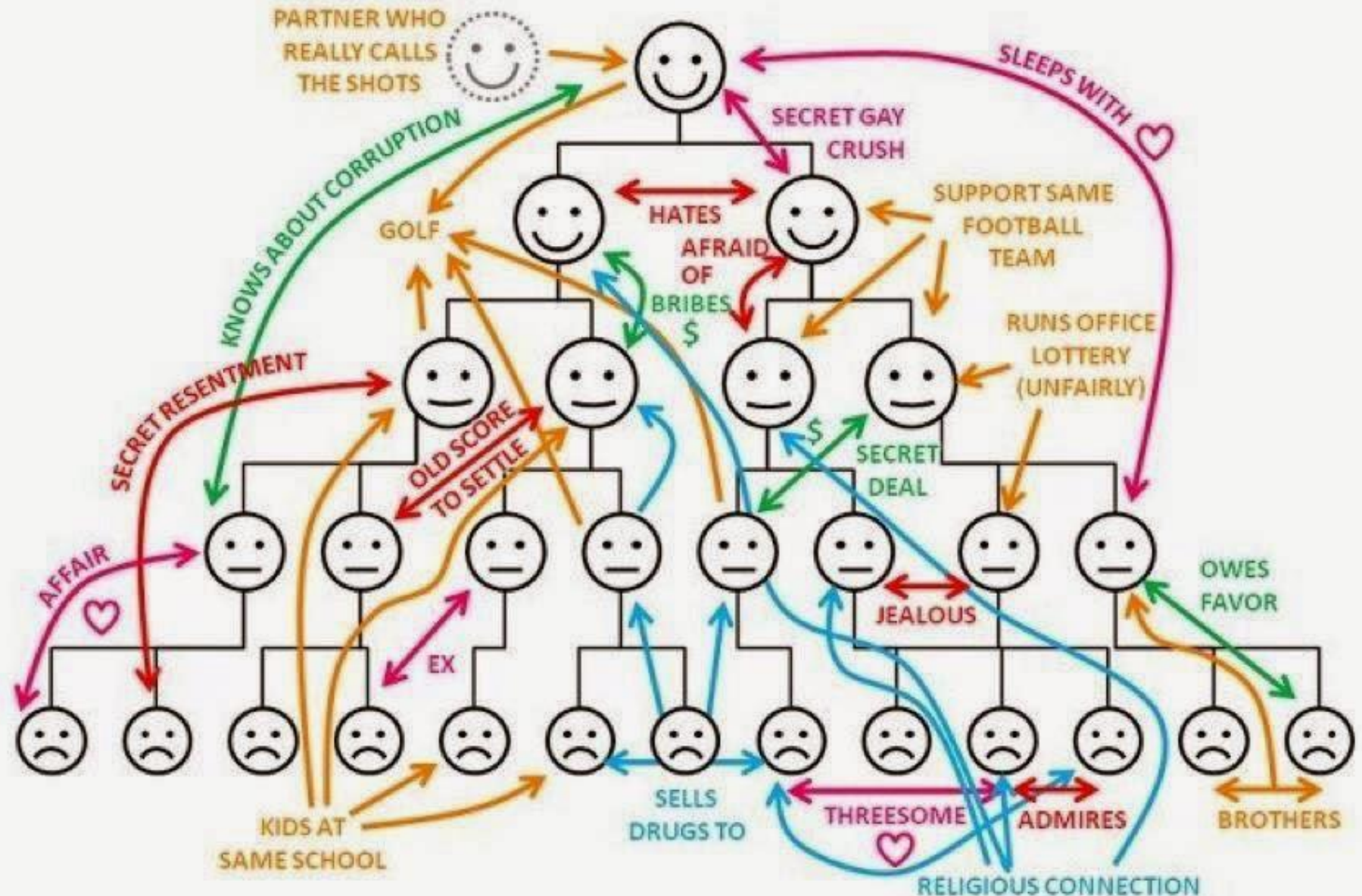
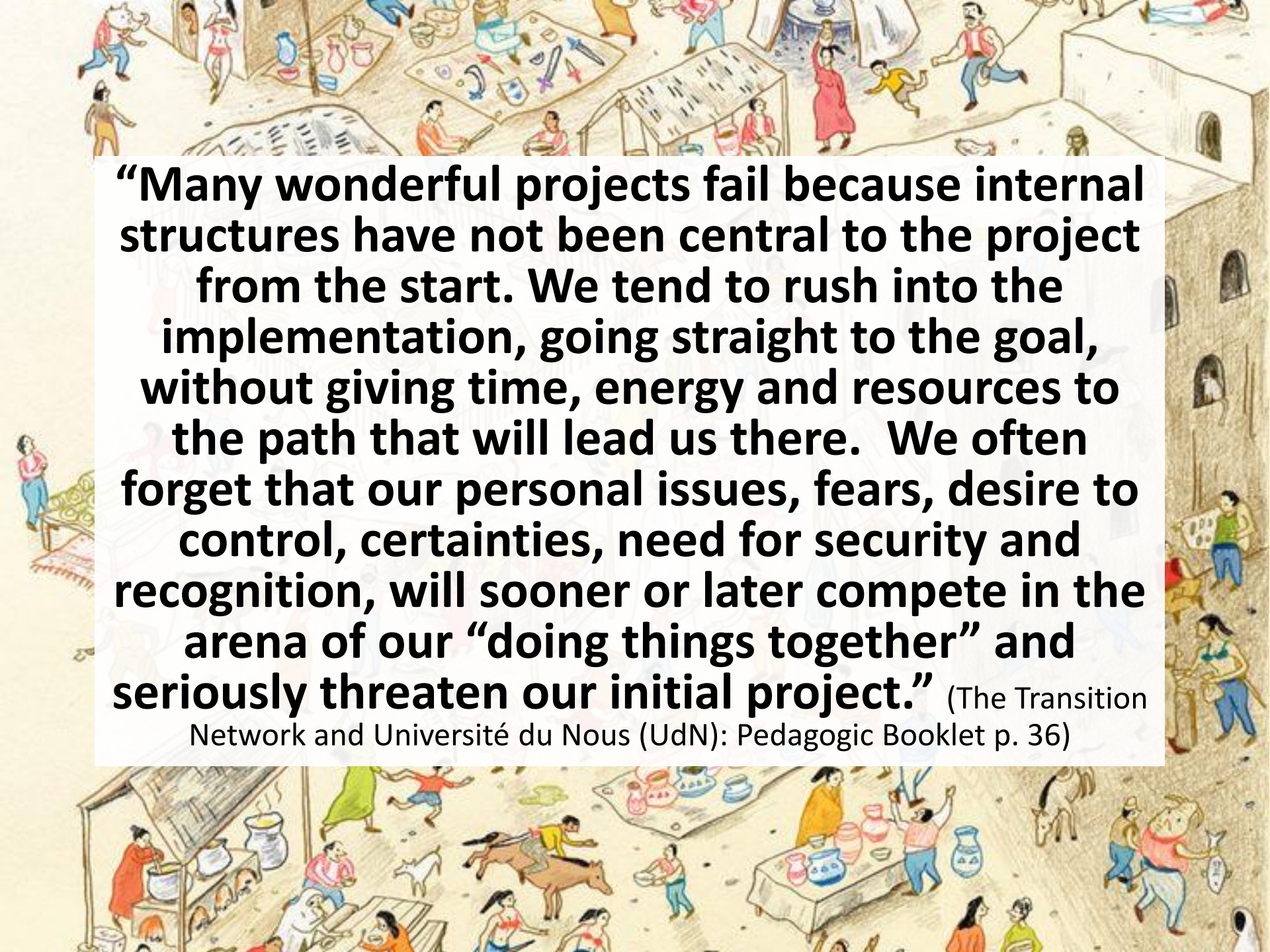


Figure 8.1

REAL ORGANIZATION CHART



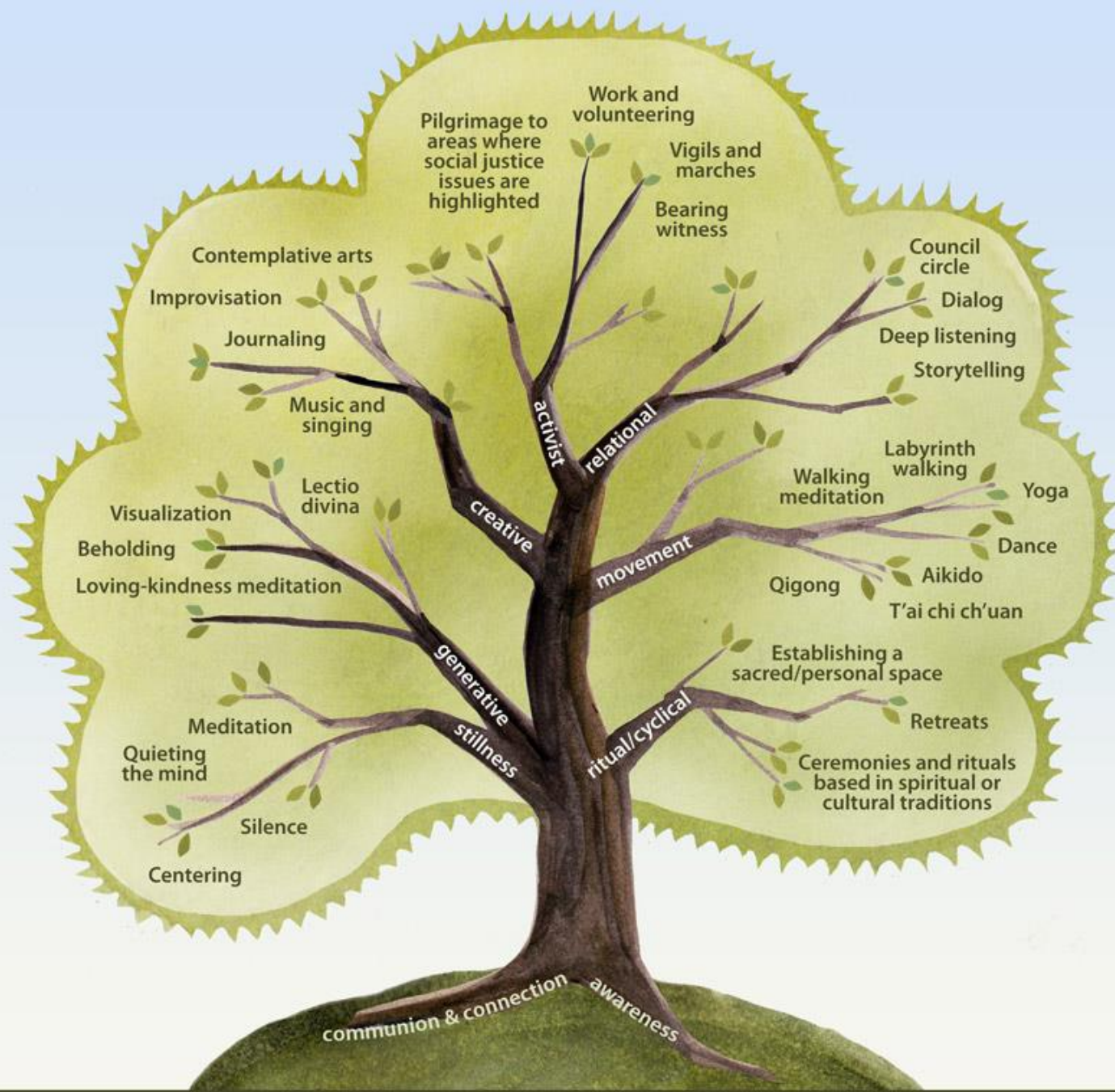


“Many wonderful projects fail because internal structures have not been central to the project from the start. We tend to rush into the implementation, going straight to the goal, without giving time, energy and resources to the path that will lead us there. We often forget that our personal issues, fears, desire to control, certainties, need for security and recognition, will sooner or later compete in the arena of our “doing things together” and seriously threaten our initial project.” (The Transition

Network and Université du Nous (UdN): Pedagogic Booklet p. 36)



Heightened Self-awareness
Heightened awareness of others
Retraining the ability to look inwards



The Tree of Contemplative Practices

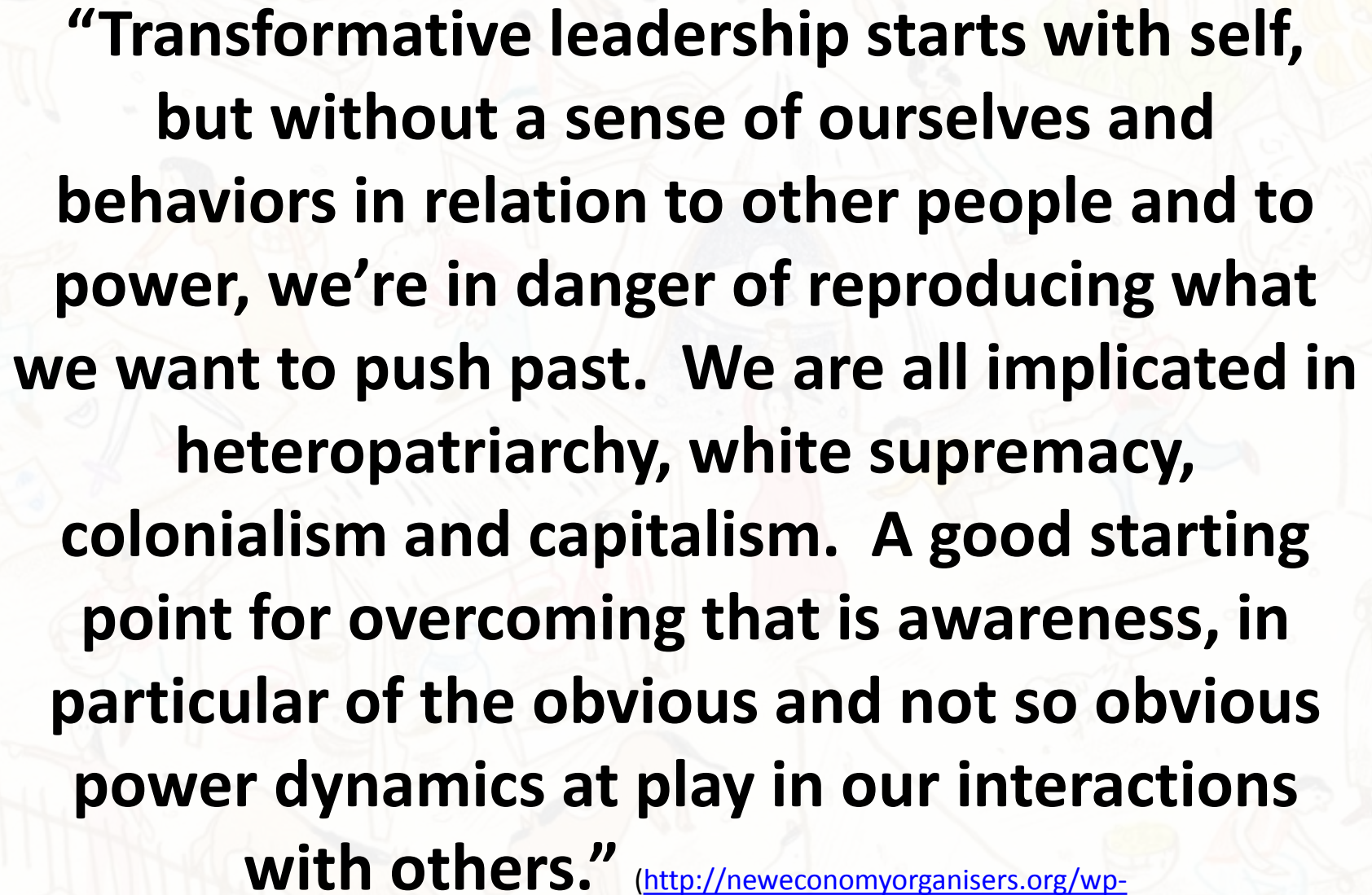
www.contemplativemind.org

Regular contemplative practice for heightened self-awareness.

Developing a relationship with our inner landscape to gain awareness of the patterns we see and act through.

Positive impacts on our relationships with others.

Healthy Inner Ecology = Healthy Outer Ecology



“Transformative leadership starts with self, but without a sense of ourselves and behaviors in relation to other people and to power, we’re in danger of reproducing what we want to push past. We are all implicated in heteropatriarchy, white supremacy, colonialism and capitalism. A good starting point for overcoming that is awareness, in particular of the obvious and not so obvious power dynamics at play in our interactions with others.”

<http://neweconomyorganisers.org/wp-content/uploads/2016/08/Leadership-Practice-Model-NEON.pdf>

A painting of a stone archway leading to a bright, sunlit outdoor space with green foliage. The archway is made of dark, textured stone. The scene beyond the arch is bright and airy, with green leaves and branches visible against a light sky. The overall mood is one of hope and transition.

**Examples of Groups and Individuals
Working with Inner Dimensions of the
New Economy**

Inner Dimensions of the New Economy Working Group




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NENA Annual Conference
Melbourne
19-21 October 2018



“The Inner Dimensions of the New Economy Working Group is interested in the relevance, for the New Economy, of the ways our ‘inner’ or subjective life grounds and directs our ‘outer’ or objective action and experience. We understand that the inner and outer interweave each other as we cycle through: subjective experience, its impacts on the outer, which in turn impacts the subjective.”

(<https://www.neweconomy.org.au/about/working-groups/inner-dimensions/>)

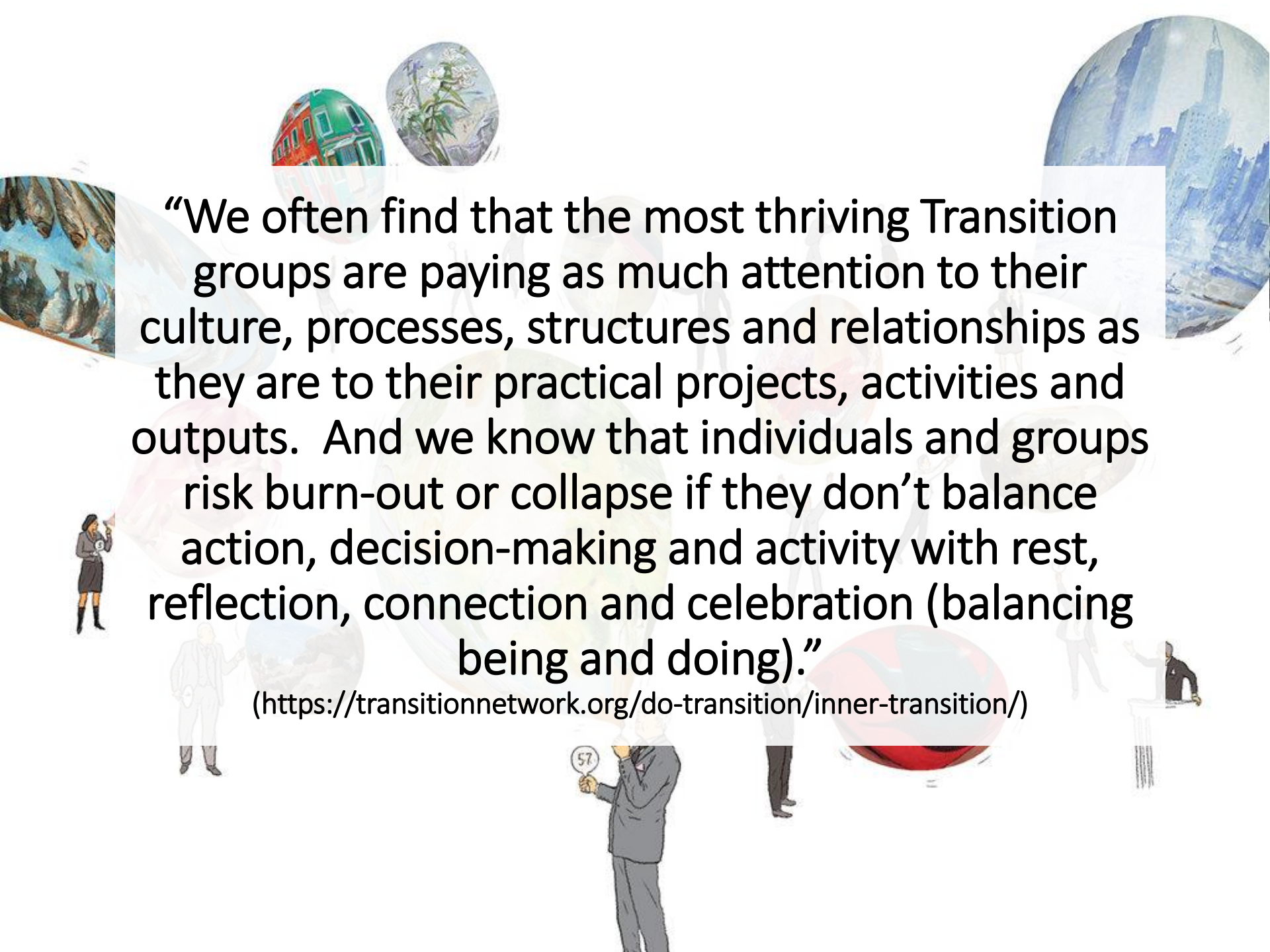
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- **Cultivating Relational Awareness to Support the Building of a New Economy**
 - **Back to the Future: Discovering Trust Local Exchange & Trading Systems (LETS)**
 - **Understanding Subjective Dimensions of Communication To Align our Values and the Way we Work Together in NENA**
 - **Buddhism, Contemplative Practice, and Commoning**
 - **The relevance of the rivers and floodplains of our subjective experience in NENA**
 - **What's the story? Leading new cultural narratives as foundations for new economies.**
 - **An Introduction to Prosociality**
 - **A video compilation: 10 Stories of contemplatives in the New Economy**

Inner Transition

Creating healthy cultures in times of change



(<https://transitionnetwork.org/do-transition/inner-transition/>)

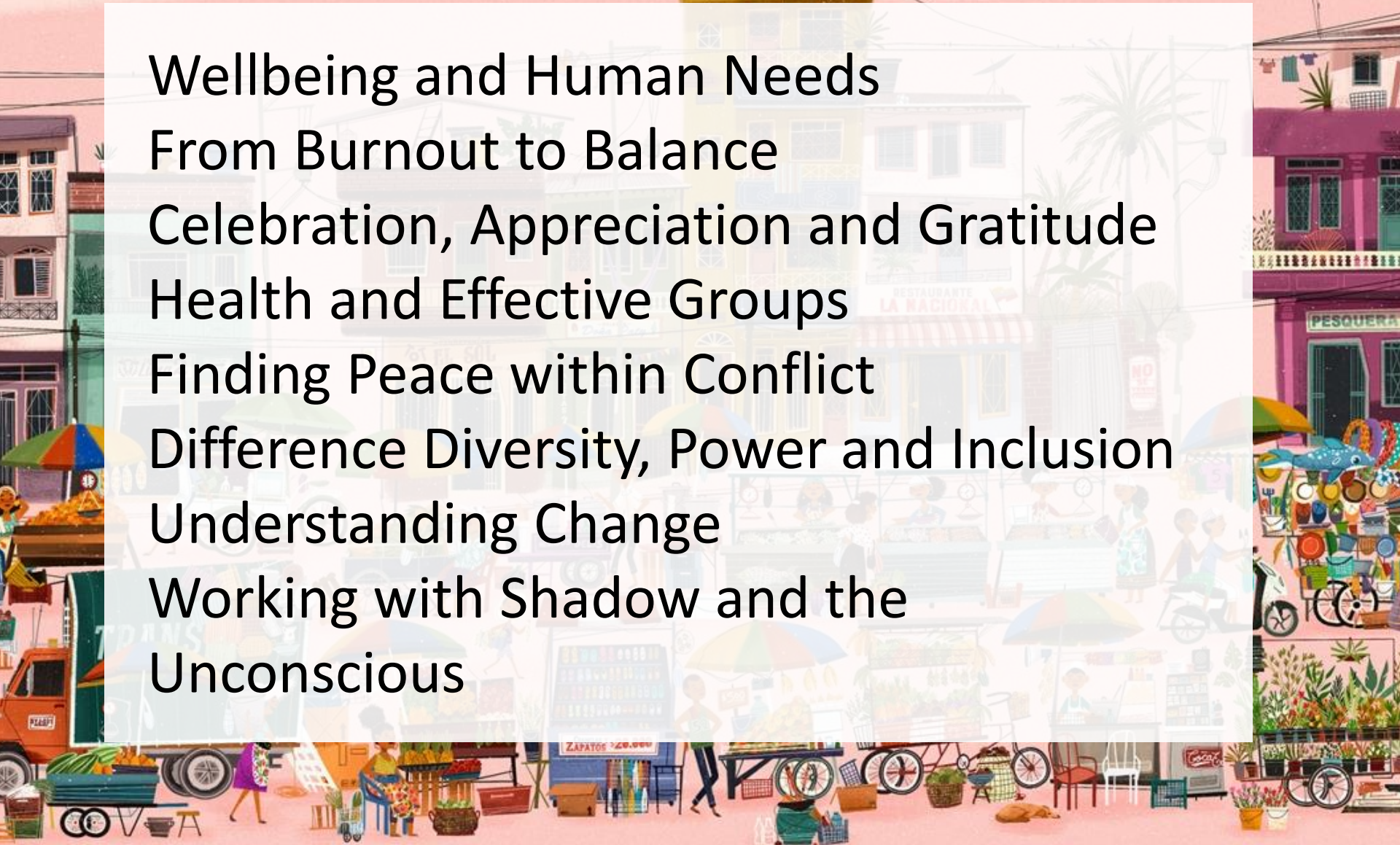


“We often find that the most thriving Transition groups are paying as much attention to their culture, processes, structures and relationships as they are to their practical projects, activities and outputs. And we know that individuals and groups risk burn-out or collapse if they don’t balance action, decision-making and activity with rest, reflection, connection and celebration (balancing being and doing).”

(<https://transitionnetwork.org/do-transition/inner-transition/>)

Inner Transition Themes

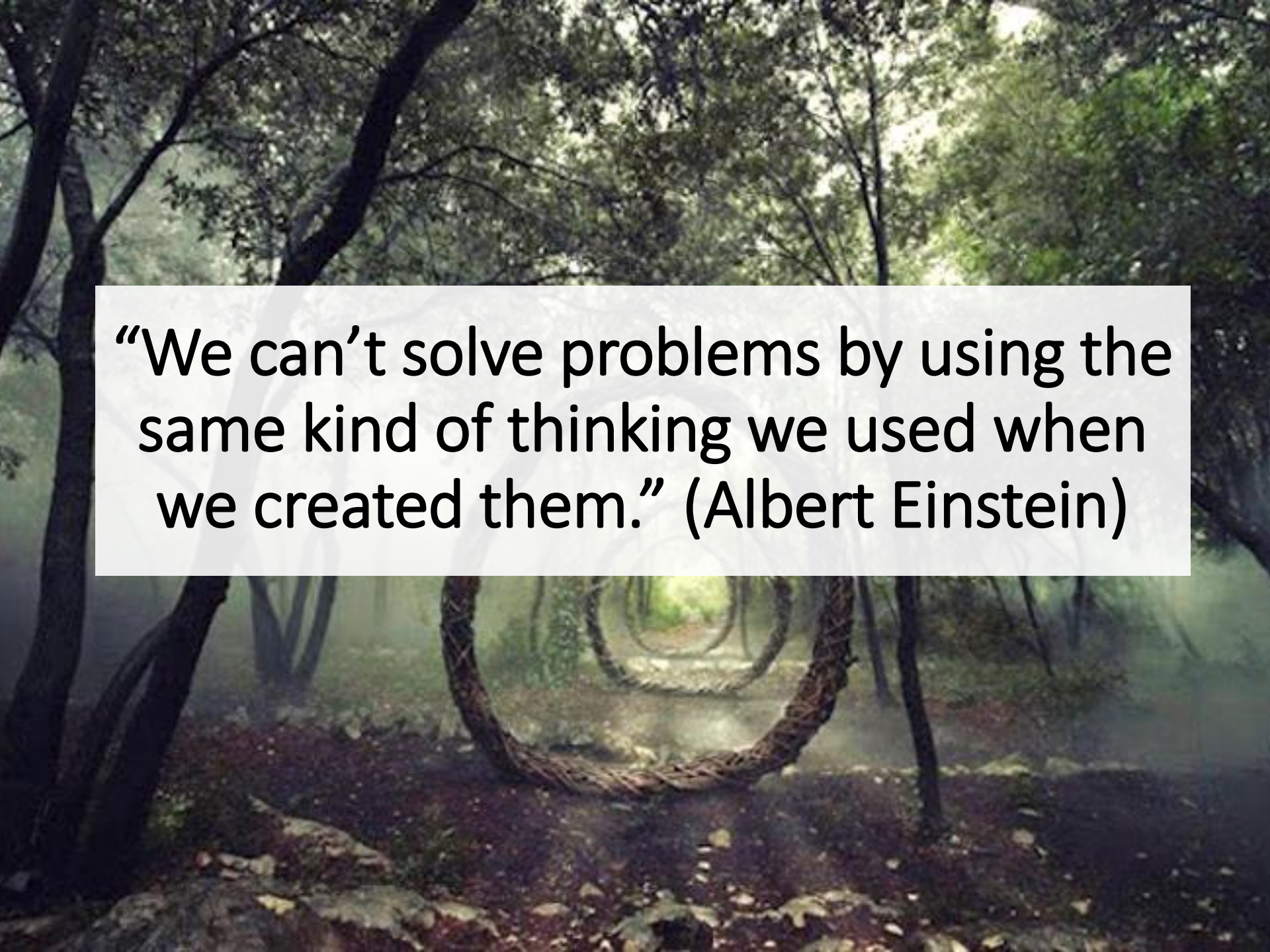
Wellbeing and Human Needs
From Burnout to Balance
Celebration, Appreciation and Gratitude
Health and Effective Groups
Finding Peace within Conflict
Difference Diversity, Power and Inclusion
Understanding Change
Working with Shadow and the
Unconscious



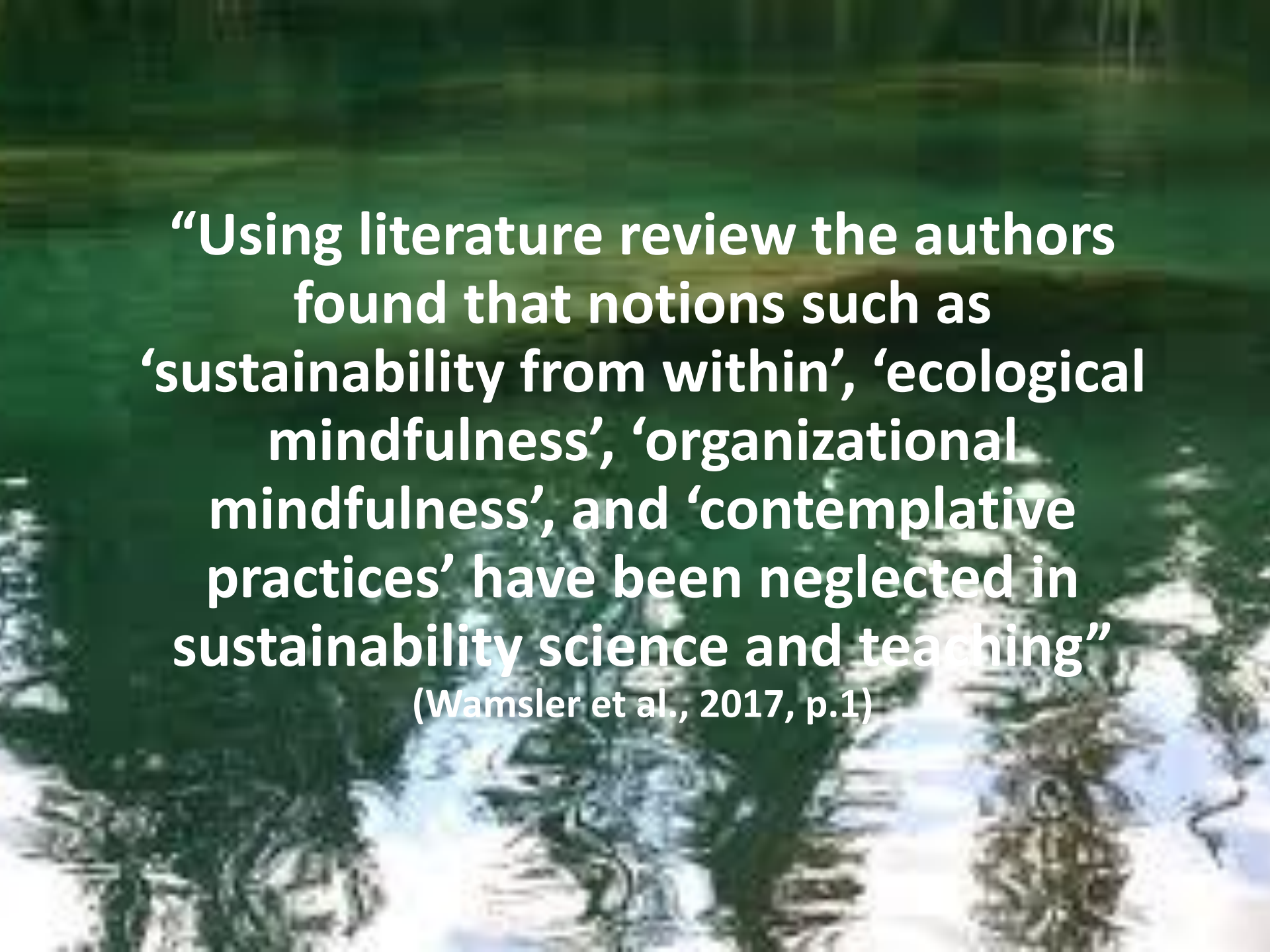


**“Mindfulness in sustainability science, practice
and teaching”, 2017**

Christine Wamsler, Johannes Brossmann, Hedi Hendersson,
Rakel Krisjansdottir, Colin McDonald, Phil Scrampi

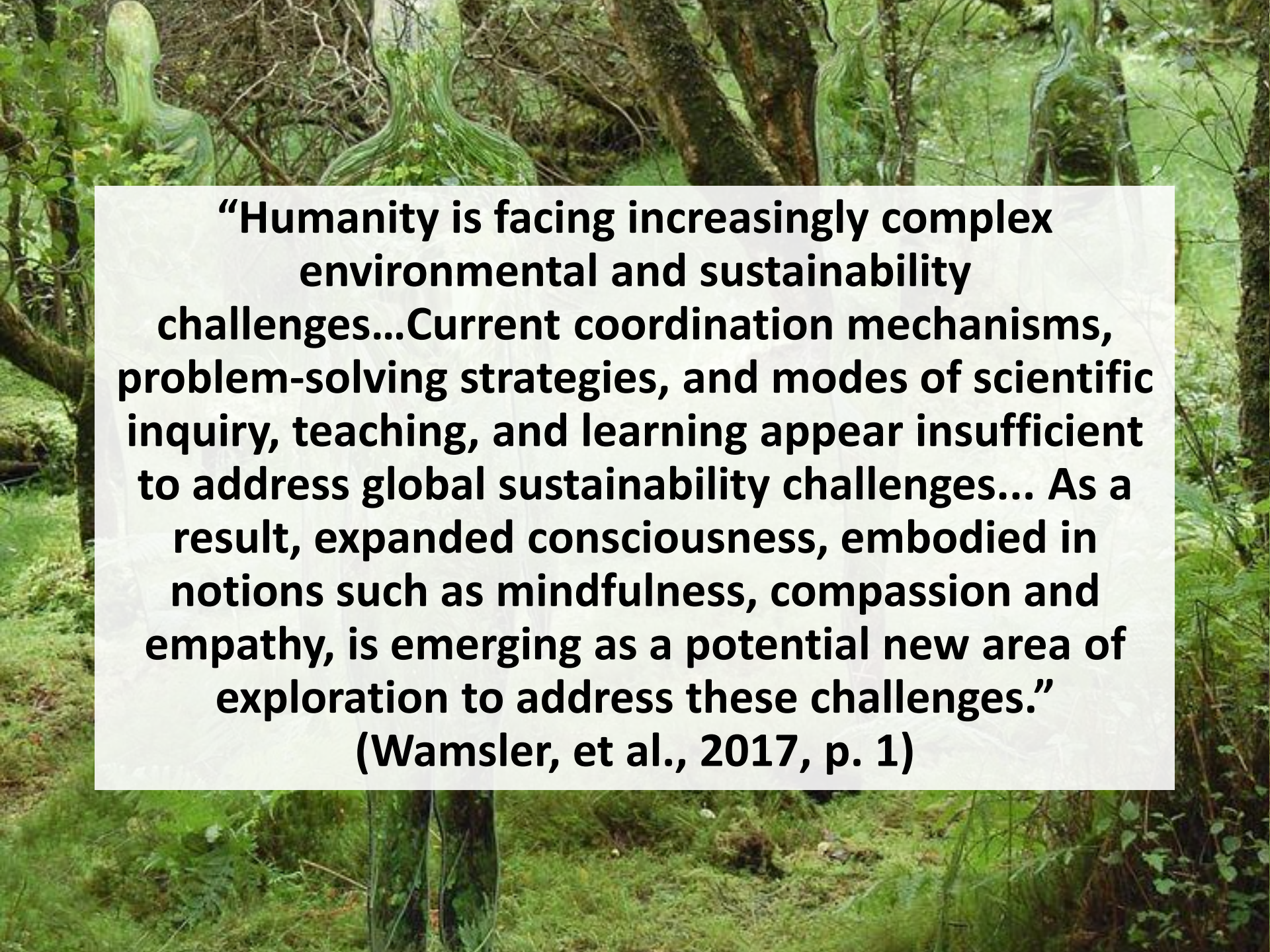


“We can’t solve problems by using the same kind of thinking we used when we created them.” (Albert Einstein)



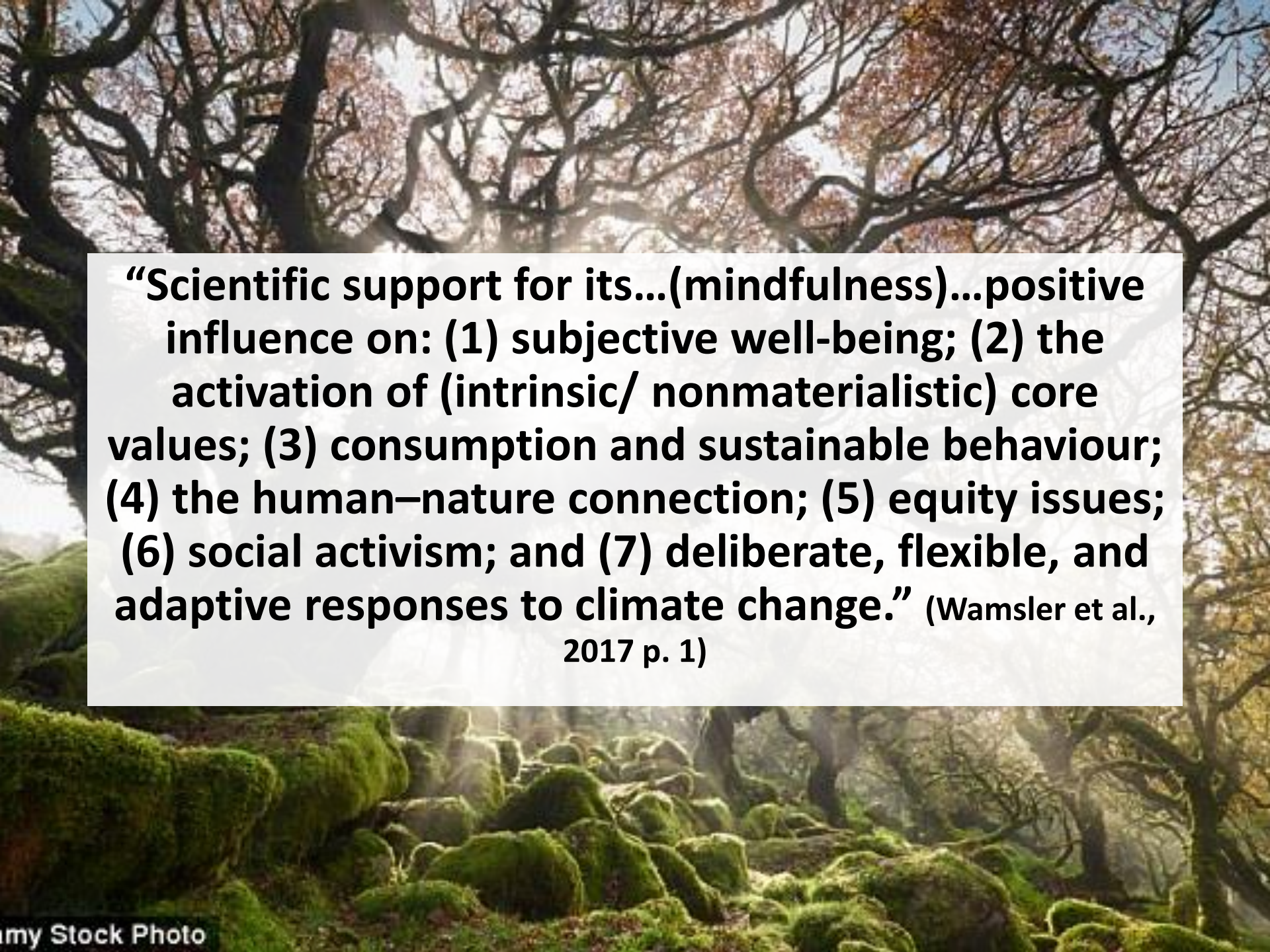
“Using literature review the authors found that notions such as ‘sustainability from within’, ‘ecological mindfulness’, ‘organizational mindfulness’, and ‘contemplative practices’ have been neglected in sustainability science and teaching”

(Wamsler et al., 2017, p.1)

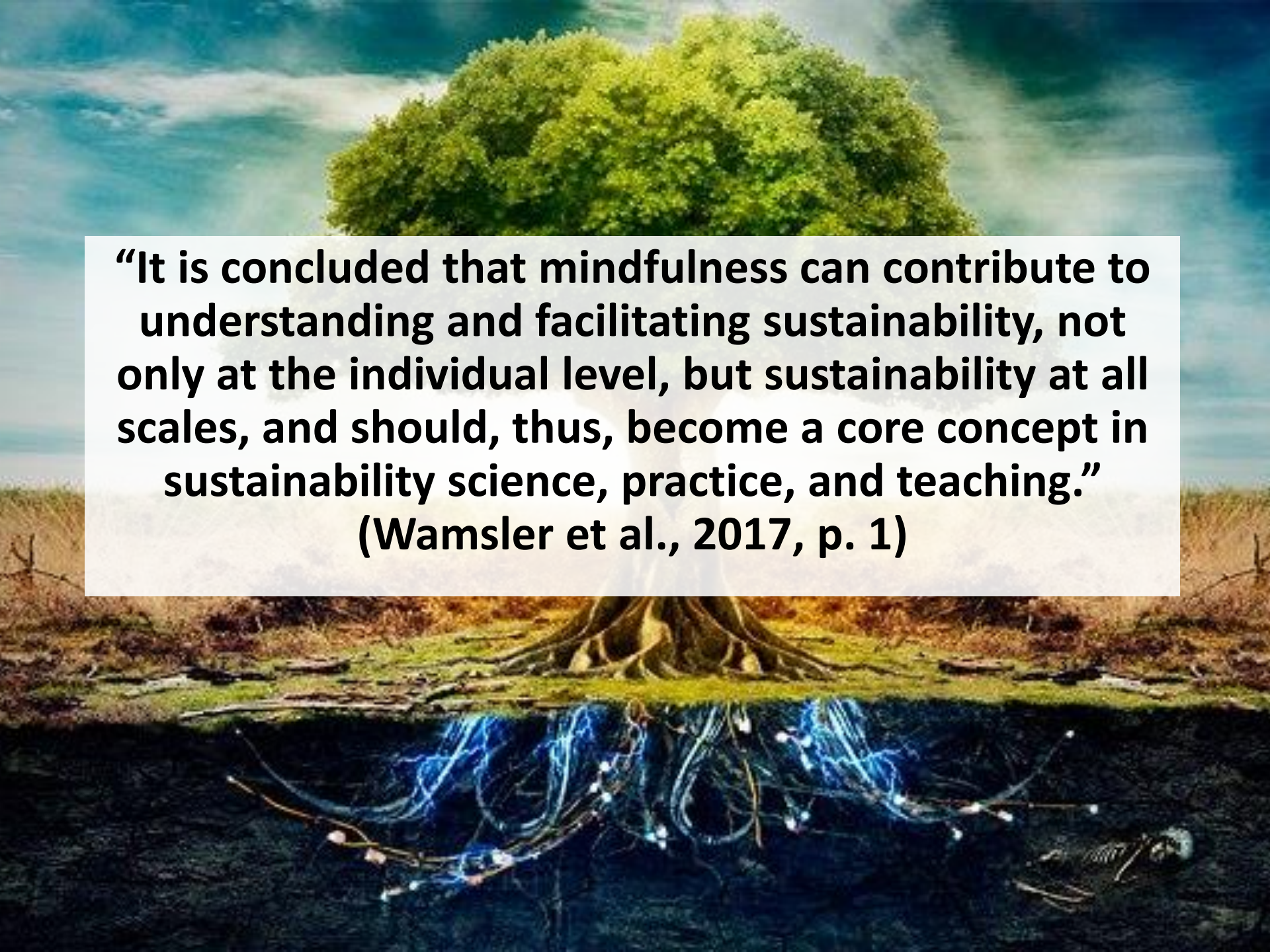
A lush green forest with sunlight filtering through the trees. The scene is filled with vibrant green foliage, including ferns and various tree trunks. The lighting is soft and natural, creating a serene atmosphere.

“Humanity is facing increasingly complex environmental and sustainability challenges...Current coordination mechanisms, problem-solving strategies, and modes of scientific inquiry, teaching, and learning appear insufficient to address global sustainability challenges... As a result, expanded consciousness, embodied in notions such as mindfulness, compassion and empathy, is emerging as a potential new area of exploration to address these challenges.”

(Wamsler, et al., 2017, p. 1)



“Scientific support for its...(mindfulness)...positive influence on: (1) subjective well-being; (2) the activation of (intrinsic/ nonmaterialistic) core values; (3) consumption and sustainable behaviour; (4) the human–nature connection; (5) equity issues; (6) social activism; and (7) deliberate, flexible, and adaptive responses to climate change.” (Wamsler et al., 2017 p. 1)

A large, vibrant green tree stands in the upper half of the image. Its thick, gnarled roots extend down into a dark, reflective surface, likely water. The reflection of the tree's roots is visible, but instead of natural roots, there are glowing blue, fiber-optic-like structures that branch out and connect to various points on the surface, suggesting a network or digital infrastructure. The background shows a bright, hazy sky and some dry, brownish vegetation in the foreground.

**“It is concluded that mindfulness can contribute to understanding and facilitating sustainability, not only at the individual level, but sustainability at all scales, and should, thus, become a core concept in sustainability science, practice, and teaching.”
(Wamsler et al., 2017, p. 1)**



Thank you

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Inner Dimensions of the New Economy Working Group, NENA:

<https://www.neweconomy.org.au/about/working-groups/inner-dimensions/>

Inner Transition, The Transition Network:

<https://transitionnetwork.org/do-transition/inner-transition/>

Christine Wamsler, Lund University, Sweden:

<https://www.lucsus.lu.se/christine-wamsler>